



DATE: November 04, 2019

AGENDA ITEM # 7

TO: Senior Commission

FROM: Bridget Matheson, Recreation & Community Services Supervisor
Sarah Robustelli, Community Services Supervisor

SUBJECT: Monthly Staff Update

RECOMMENDATION:

Receive information and announcements from City staff

Updates

Los Altos Hills:

Stay Active, Stay Safe, Stay for Lunch

TOPIC: Crime Prevention & Home Fire Safety will be held [Thursday, November 7th from 10am – 12:30pm](#) at Town Hall, [26379 Fremont Road](#). This is a free event with Lunch Provided. RSVP Required visit: www.losaltoshills.ca.gov/201/Parks-and-Recreation and open Stay Active, Stay Safe, Stay for Lunch.

Medicare Enrollment Presentation will be held [on Tuesday, November 12 at 10:30-11:30am](#) in the Town Hall Council Chambers. This free presentation coincides with the annual Medicare enrollment period.

Los Altos Hills Senior Friendly Programs:

A free and open to all **Monthly Recreation Walk** was held [Wednesday, November 6th at 9:30am](#) will began at the Town Hall.

Free Tech Help for Senior was held [on Thursday, November 7th from 4:00-5:00pm](#) in the Parks and Recreation building. Sign up for future Tech Help events at <http://seniortech.cf/>.

Learn the basics about your public access channels and how you can best make use of them. This event is designed to answer your questions and provide a tour of the **Meet the Media Center**. This is a special invitation to Los Altos Hills/Los Altos residents [from Thursday, November 7th from 6:00-7:00pm at Midpen Media Center 900 San Antonio Road, Palo Alto](#).

Free **Worm Composting workshop** [on Tuesday, November 19th at 7:00-8:00 pm](#) in the Town Parks and Recreation Building register here: <https://ucanr.edu/survey/survey.cfm?surveynumber=27819>

Recyclables Processing Tour will be held [November 15th from 11:00-Noon](#) at GreenWaste's Material Recovery Facilities (MRF) [575 Charles Street, San Jose, CA 95112](#). Register here: <http://www.losaltoshills.ca.gov/FormCenter/Parks-Recreation-4/Recyclables-Processing-Tour-96>

Basic Manners for Community Dogs begins a new session on Wednesday, October 23rd at 9am at Hillview Baseball Field. Registration is open at [losaltoshills.ca.gov/201/Parks-and-Recreation](https://www.losaltoshills.ca.gov/201/Parks-and-Recreation) or Seniors may call Recreation at [650-947-2506](tel:650-947-2506) to register over the phone.

Mindful Eating: Mind-Body Connection a free series that “enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat.” will begin on Thursday, October 17th at 6:30pm in the Parks and Recreation.

Holiday Barn Lighting will be held on Sunday, December 8th from 2-5pm at Westwind Community Barn.

City of Los Altos

Thank You For Your Help

A big thank you goes out to the following commissioners for taking the time to judge the contest on Sunday, October 20th. It was a challenging task because there were so many talented works of art to judge.

- Young Yeh, Parks & Recreation Commission
- Boladale Erogbogbo, Youth Commission
- Hilary King, Art Commission
- Chris Nagao, Senior Commission
- Janet Harding, Senior Commission

Fall Prevention & Home Holiday Safety

Speaker: Jennifer Ceynowa from the Santa Clara County Fire Department

Wednesday, November 6th 12:30 PM Grant Park Multi-Purpose Room

Identify fall risks and learn simple and effective home modifications to prevent falls. Learn about community resources, what to do if you fall, and activities to prevent them.

Extra HICAP dates to help with Medicare open enrollment season!

Every 3rd Tuesday at 10:00 AM plus 11/12 at 12:00 PM with Nancy.

Grant Park Room 3 Call (650) 947-2797 to schedule an appointment!

Thanksgiving Lunch

Wednesday, November 20th 12:00 PM Grant Park Multi-Purpose Room.

Sit down and be served a Thanksgiving meal with entertainment by the Peninsula Symphony, featuring a Quartet that will dazzle! Please call (650) 947-2797 or sign up in Room 4. Suggested donation of \$5 at the event.

ON-DEMAND RIDE REIMBURSEMENT PROGRAM

This great program started on July 1, 2018, where the City of Los Altos provides ride reimbursement for senior members of The City of Los Altos Senior Program. It was created to aid local seniors in becoming more mobile within the Los Altos community. You can schedule a ride with an on-demand ride service, then send in your receipts to the City of Los Altos and get reimbursed. You'll need to use your cell phone for scheduling and the Senior Program Volunteers provide tutoring on cell phone usage. Have you tried it out yet? If not, inquire at the Senior Program and our Staff will assist you with more information. (650)947-2797. Reimbursement only within 30 days. Stay mobile, stay happy, stay free to be!